

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS/A LEVEL

2550U10-1



S25-2550U10-1

TUESDAY, 13 MAY 2025 – MORNING

PHYSICAL EDUCATION – AS unit 1
Exploring Physical Education

1 hour 45 minutes

ADDITIONAL MATERIALS

A calculator
A ruler

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a(i)	1	
1.a(ii)	2	
1.b	3	
1.c(i)	1	
1.c(ii)	3	
2.a	4	
2.b	10	
2.c	2	
3.a(i)	1	
3.a(ii)	6	
3.b	3	
4.a	5	
4.b(i)	3	
4.b(ii)	2	
5.a(i)	1	
5.a(ii)	2	
5.b	5	
6.a(i)	4	
6.a(ii)	4	
6.b	10	
Total	72	



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Answer **all** questions.

1. Figure 1 – The plank



- (a) (i) Identify, using **Figure 1**, the type of muscular contraction. [1]

Tick (✓) **one** box only.

Isotonic concentric	
Isokinetic	
Isometric	
Isotonic eccentric	

- (ii) Describe, using an example, the antagonistic muscle action. [2]

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- (b) Explain why altitude training is used by endurance athletes to improve performance. [3]

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Hydration is essential for sports performance.

- (c) (i) Identify the type of drink needed when your primary goal is hydration. [1]

Tick (✓) **one** box only.

Glycaemic	
Hypotonic	
Isometric	
Isotonic	

- (ii) Explain why dehydration affects performance. [3]

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(c) Describe, using an example, psychomotor abilities.

[2]



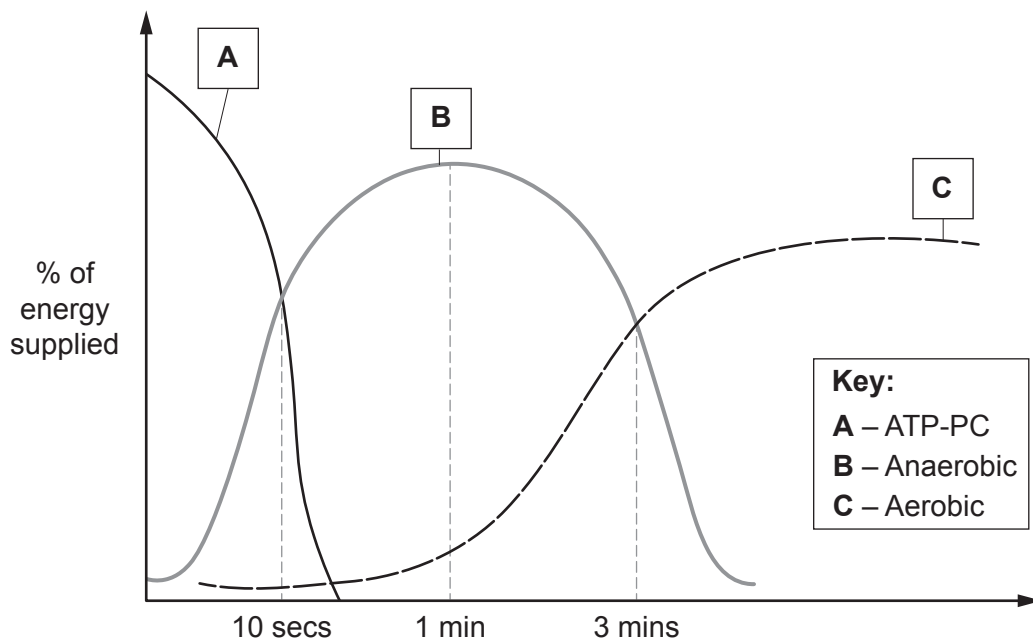
3. (a) (i) Identify the term from the definition below. [1]

'The excess oxygen consumption, above that at a resting level, during recovery, to restore the body to its pre-exercise state'.

Tick (✓) **one** box only.

OBLA	
EPOC	
DOMS	
EDV	

Figure 3 – Energy continuum



- (ii) Explain, using **Figure 3**, the inter-changing of the three energy systems during exercise. [6]

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(b) Explain how an effective warm-up could affect a skeletal muscle.

[3]

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4. (a) Assess the role video analysis plays in improving sporting performance.

[5]

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(b) (i) Outline **three** ways the government makes use of sport within society.

[3]

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(ii) Explain, using an example, the reason why location may be a social barrier to participation in sport and physical activity.

[2]

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- Tick (✓) **one** box only.

(ii) Identify **two** factors that cause fatigue. [2]

(b) Evaluate why a coach uses previous accomplishments and vicarious experiences to increase levels of self-efficacy in a sportsperson. [5]



6. (a) (i) Explain, giving examples, the difference between state and trait anxiety. [4]

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(ii) Describe **two** different methods of controlling anxiety. [4]

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